

WOMAN'S HOME PAGE

CHARLES DWYER... Editor

Planning and Decorating the Home

SIMPLICITY AND COMFORT WITH BEAUTY

Attained by Forethought and Study

THE average stranger entering one's home usually gains a first impression concerning the style, or lack of style, displayed in furnishing and finishing. In the average home there is too much "but and miss" in the selection of furniture, too much guesswork in the choice of colors.

One of our national failings is the presentation of unexpected wedding gifts to the bride and groom. So-called articles of vertu, articles of more or less artistic design, articles which represent the dollar mark-and-articles supposed to be helpful, are all thrust upon the happy couple. Some pieces of furniture are Mission in design, rough in finish. Some are Elizabethan in style, others are of the period of the Louis, while others again are of nondescript origin. All are heterogeneous, while each may possess intrinsic value. These articles are taken to the new home, installed as best they can be, and distributed to various rooms according to the necessities of the occupants.

Keeping in mind the unity in a room, the best results can be easily secured by some study, a little planning and some forethought, the walls themselves being naturally the background for the finishing and the furnishings.

The Treatment of the Walls

In planning for every room, there are three points to consider with reference to the wall: first, the effect of giving height to a room that is too low, or lowering the lines of design to deceive the eye and apparently lowering the ceiling which is too high, or merely enhancing or decorating that which is already good.

If it is necessary to give height to a room, this is best attained by carrying the side wall color to the ceiling, making the perpendicular line the long line and putting the picture molding clear to the top of the wall, allowing nothing for frieze.

Where the ceiling is too high and there is a desire to produce a lower effect, the ceiling color can be brought down a third of the distance of the side wall with excellent effect, tinging the ceiling color to that of the side wall. An abrupt change in color from side wall to ceiling is like a discord in music, as unpleasant to the eye as the discordant clang is unpleasant to the ear.

The Hall

The hall should be an expression of genuine welcome for the guest, for it is here he has his first impression of the home, and it is here that hospitality is first offered. So here in the hall the colors should be soft, generous and inviting—never cold or repellent. The warm, soft tans, the soft woodsy browns are always delightful and harmonious.

The furniture for the hall should be substantial, and of a nature that will stand hard usage. There is nothing better for the hall than the heavy Mission furniture; it is typical hall furniture, for its appearance bears a relationship to its function.

The best finish for hall furniture is early English oak, and a combination seat and hall tree is an excellent piece for such a place. A couple of heavy chairs of the same type fit in well and afford a restful waiting-place for messenger or guest.

The Living-Room

The living-room requires careful treatment. The colors on the wall should be of a selection that is in harmony with the hall and yet not a duplication of it. The light-green tints are excellent for the living-room, and the new mode for touching them out with browns makes a good, rich background for all kinds of furniture, bric-a-brac and pictures. The use of stenciling on the living-room walls is good. Stenciling

The lighting of the living-room is always an important question. The newer idea of abandoning the great glaring light-center hung from the ceiling, and the use of the inverted gas-lights instead of perpendicular ones, are decided improvements. Side fixtures, instead of center fixtures, make better lighting and more comfortable reading for a room used by a number of people.

The Library

The library of the home is a room which we at least hope to set apart for

books, for heavy-shaded globes, for the air of seclusion and the air of quiet. Window seats are comfortable, desirable and artistic, but beware of the cozy corner.

The Dining-Room

The dining-room to-day is a place where we entertain our friends. It has more care in its treatment than any other single room in the house. It is dainty, attractive and a softly colored room. The tendency at the present day is towards the wood wainscoting; then the soft, velvety-toned side wall and the softly-toned or beamed ceiling. The big drop dome-light over the dining-table gives an air of hospitality, keeps the glare of the light away from the eye and fixes it upon the hospitable table and its savory viands.

The use of the buffet is rapidly supplanting the sideboard, for it is less cumbersome, more graceful and saves space. The serving-table adds much as a convenience, and the china cabinet holds the choice pieces of tableware.

Dining-rooms in Delft blue with light woodwork are good; dining-rooms with green walls and white woodwork are fine; dining-rooms of the soft light tans, especially on the north side of the house, are exceedingly restful and always harmonious.

The floor covering in the dining-room should be of a nature that can be kept clean. Rugs are far better than carpets, for they can be taken up and shaken.

The Kitchen

The kitchen in every home should be the model of neatness as well as of convenience. The ideal wall for the kitchen is the tinted wall made waterproof. If this is impossible because the kitchen has been in use many years, the next thing is to paint the wall with good oil paint. Kitchen walls require constant sweeping down and frequent re-coating.

and always slightly. The difference between good and bad refrigerators is the difference between good and bad food. A cheap, insecure, dirty refrigerator is

Who has not had the experience of entering a newly furnished house and finding a conglomeration of styles, woods and upholstering—pieces of

portion—should look as if they were made to sit in. The design should be simple enough to be easily dusted and easily cleaned. Each one should be durable enough for the wear it will have, and if upholstered, should be sufficiently good in color not to fade. Cheap furniture, cheaply put together, is a poor investment and an expensive luxury.

The general color scheme of the room is naturally fixed by the color scheme of the side walls, and little departure can be made from that scheme. The side wall dominates the color—the contrast is secured from bright flowers, growing plants, hangings and rugs. The furniture should be of a wood that harmonizes with the side walls.

The Value of Mahogany

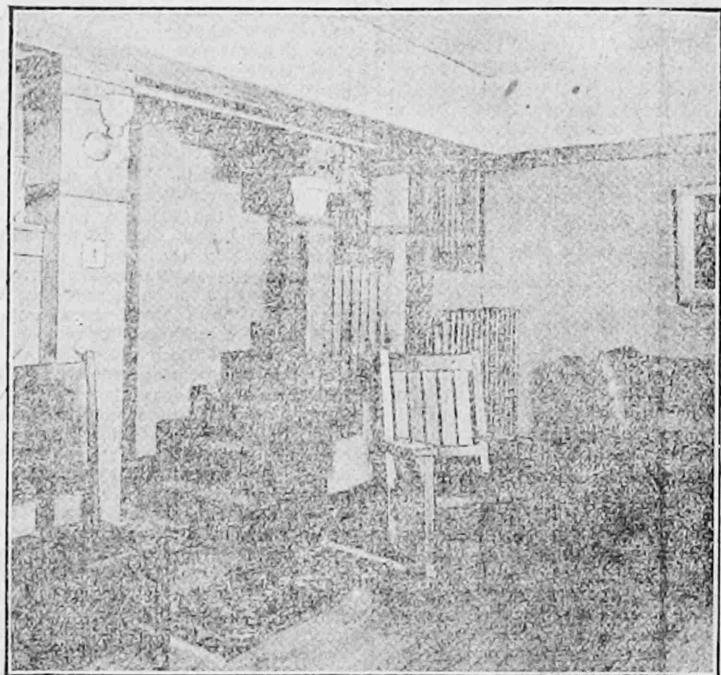
There is no better selection of wood for the furnishing of a living-room than mahogany, but it is often a rather expensive tax upon the purse. Mahogany furniture comes in simple and graceful designs. The revival of the use of the old Colonial styles, with their beauty and simplicity of design, and best of all, the comfort of the great chairs with their luxurious depth, more than compensate one for the extra expense. However, some of these chairs are very moderate in price. The winged chair to place near fireplaces, and the Martha Washington chair near windows, have no superior for comfort and design, as well as for durability.

In furnishing this living-room, which is the family room, it must not offend the personal taste of any member of the family. Furnishing depends largely on the occupants, whether they are large or small people, young or old, grave or gay, children or adults. All the family are represented in some way and should be considered.

Select a large, substantial table for books and periodicals, and a small low one for workstand, as well as a smaller table that can be used for a plant-stand. A good roomy music cabinet, for lovers of music, has its place in this room.

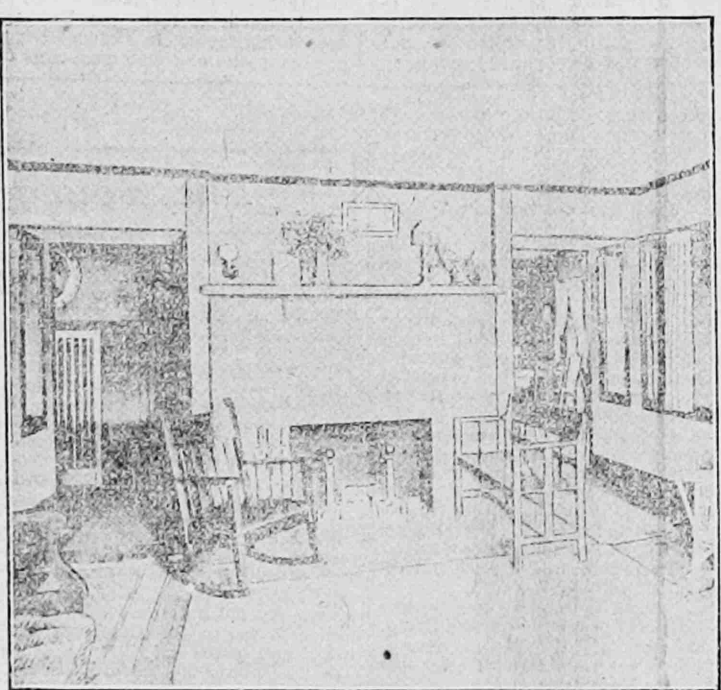
Chairs for Each Member of the Family

The old "set" of furniture that was once the joy of every housekeeper has been discarded. Hair-cloth and rep have been relegated to the past. The good-sized leather chair will suit any man, for it will rest his body and his clothes will not stick to it; every man instinctively seizes upon such a thing as his own piece of furniture.



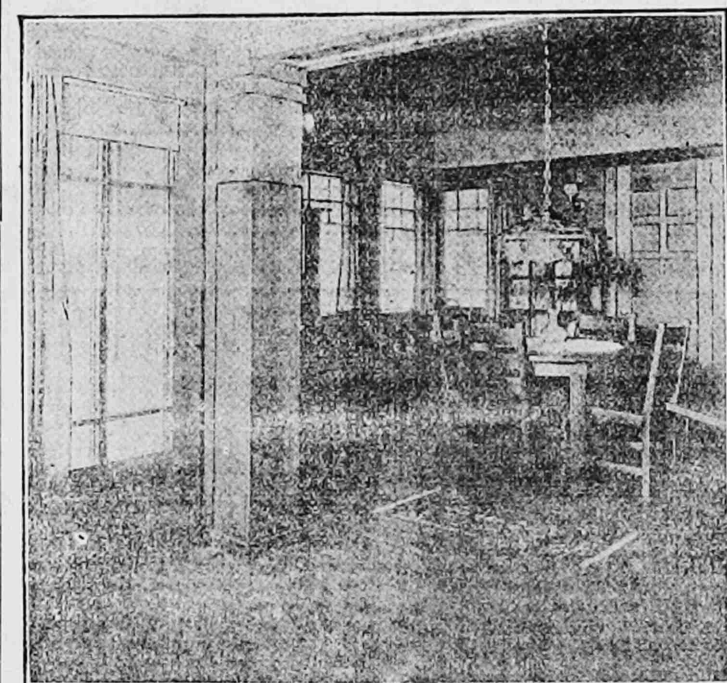
AN HOSPITABLE HALL

family is large, with some children, the Colonial type of furniture is good for the living-room. A Morris chair, with leather cushions, fits in admirably, and a Martha Washington chair and a Fire-side chair with its quaint wings are also excellent pieces. The old Colonial



THE LIVING-ROOM FIRESIDE

types of furniture are not only comfortable, but very graceful. Sectional bookcases are desirable for books that are in frequent use. They can be made to present many different effects, and they keep the books clean.



A CHEERFUL DINING-ROOM

Let the kitchen be small, but well-furnished and well-kept. A kitchen cabinet is always a useful article in the kitchen.

Kitchen sinks should be frequently scrubbed out with clean soap of good quality. If the best soaps were bought more frequently a better degree of cleanliness could be secured in the kitchen. There is as much difference in soaps as there is in silks.

The use and care of the refrigerator is a part of the maintenance of the kitchen that makes for added health in the home. The cleanable refrigerator is a necessity and one with a porcelain lining is ideal for it is easily cleaned

Where Dreams May Come. Sheraton standing side by side with pieces in Mission shape, and joined on the other hand with spindling Italian designs or Louis the Fourteenth carvings?

Uniformity in Furnishing Desirable

The safest way is to adopt a general style in furniture and a single kind of wood. If the style is to be English Colonial, let it be that; but avoid mixing the types of furniture just as you avoid mixing weathered oak, early English stain, with mahogany. The various kinds do not harmonize, and they give the house the appearance of a poorly-arranged window display for advertising job lots of furniture.



A CORNER OF MOTHER'S ROOM

It is not a question of money alone in selecting furniture for the home, but rather a question of taste. Chairs should be comfortable and of ample proportion—should look as if they were made to sit in. The design should be simple enough to be easily dusted and easily cleaned.

THE EVER USEFUL RUSSIAN BLOUSE

Practical Directions for Its Making and Trimming



PERHAPS some time there may be evolved a more satisfactory dress for the small boy than the so-called Russian blouse, but just now there is no indication of any such happening. Apart from its simplicity and becomingness, it must be considered its great adaptability. It is quite appropriate for the little fellow still in dresses who wears the blouse over petticoats; then it bridges over the transition into the knicker period, when they are worn under it, showing only enough to prove their presence.

From that time on the blouse shortens, the knickers becoming more in evidence, until the blouse is discarded for the knickerbocker or Norfolk suit, the Norfolk jacket really holding many features of the outgrown Russian blouse.

Simplicity of Creation

Another of its advantages is its simplicity of construction. It seems as if an ordinarily quick needlewoman, aided by the sewing-machine, to be sure, should complete one of medium size in a couple of hours—certainly in one afternoon.

The model selected for the blouse pictured was cut from navy-blue ginghams. There is a box-pleat in each front portion, and one at each side of the back; these are arranged in position by placing a chalkmark at each point, at

Marking the Box-Pleats

The three small box-pleats at the wrist-end of each sleeve are prepared in a different manner, though the preliminary marking with chalk and tuck threads is the same.

After these pleats are correctly laid in position stitch each (about one-eighth of an inch from the edge) to the sleeve.

Draw the stitching threads to the inside of the sleeve, tie them and clip the ends. Fasten the threads at the ends of the stitching of the large box-pleats in the same manner. Join the front portions to the back at the underarms and shoulders with French seams. Make these by stitching seams one-eighth of an inch wide—the raw edges toward the outside of the blouse—then turn and make a second seam one-quarter of an inch wide and toward the inside of the garment.

Setting in the Sleeves

The edges of the first seam will be enclosed in the second, a reason for the name "bag seam" sometimes given to this method. Sew the seams of the sleeves in the same manner.

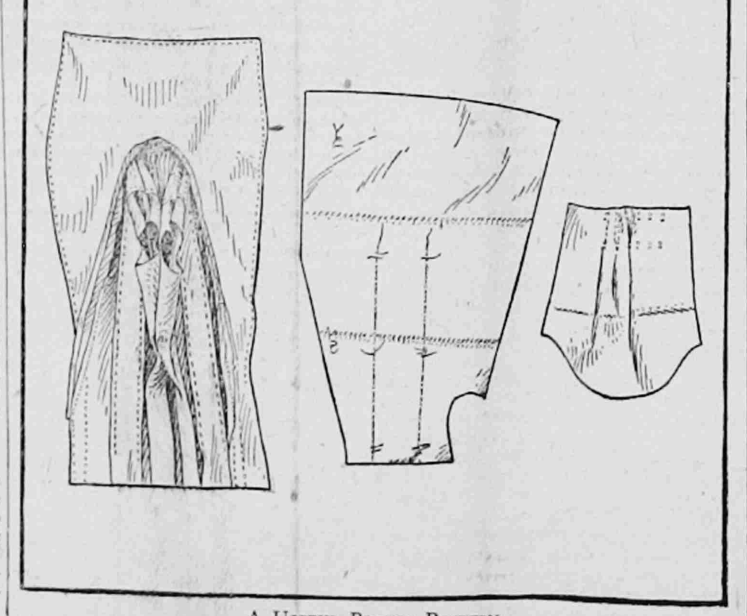
The sleeves may be set into the arm-holes with the French seam, if the material is not too heavy; otherwise it will

be better to make these seams in the ordinary way and bind them. The lower edge of the sleeves should be turned under a seam and faced.

The Collar

The collar may be cut from the ginghams like the blouse or it may be white linen, pique or duck. In either case two collar portions should be cut, laid together with the right sides of the material in both pieces facing, and seamed around the outer edge.

The second collar portion, which is to act as lining to the outer piece, may be cut in two pieces and joined with a center-seam if this will effect any economy of material.



A USEFUL BLOUSE PATTERN

GOOD FOOD AND GOOD LOOKS

Health and Beauty Based on Careful Diet and Exercise



DYSPEPSIA has been called the American disease. It is undoubtedly true that nearly all of us suffer from some form of indigestion, a statement that could not be uttered in regard to the English, or the French, or the German. Contrary to the general opinion, however, I think we have many more dyspeptic women than men. Usually, dyspepsia signifies to us a thin, pie-eating, henpecked man, but my professional experience—and I am convinced that other physicians of large general practice would confirm this—has shown me that more women than men are victims of this nerve-destroying affliction. In the first place, they take less exercise than men, they eat more indigestible things than men, they are more irregular in regard to the times that they take their meals than men.

Many women who are in a position to afford the indulgence of their tastes and whims form the habit of staying abed in the mornings and having their breakfast brought to them. Such a habit is detrimental to the health and to the looks. If one is not well and strong and needs more rest in the day, it is far better to get up in the morning and take breakfast with the family and have a rest later.

The air of the room in which one has spent the night is apt to be close. The body is improved by taking an upright position after having been recumbent the night or more hours, and the circulation is stimulated. The effect upon the mind of being up and about tends to improve the tone of the system.

I have seen women who in times of wealth and prosperity were self-indulgent, lying in bed in the morning and lazily beginning the day, when adversity came, and they were obliged to go forth to some business regularly, improve in health and appearance more than one would believe.

Dressing for Breakfast. For a woman to appear at breakfast means much more in the way of preparation than for a man. A woman should not appear at the morning meal in a frowsy, disordered state. It is bad for the morale of a man or woman to indulge in the carelessness of personal looks, which has been summed up in the old-time word of "slipshod."

range them neatly and wear a piece of lace to cover them; and have a dress or two that can be buttoned without assistance. They may seem a digression from the subject, but it is not.

Breakfast can be digested much easier and better if it is taken at table rather than in bed, if the staying in bed is a matter of indolence merely. If the mind is tranquil and contented, the stomach does its work much better, hence the reason that one should come to the breakfast table in as tranquil a frame of mind as possible.

Don't Try to be Entertaining at Breakfast

No one should be expected to be entertaining at breakfast. A woman who has to count every moment of the day may be greatly benefited if she can eat her breakfast quietly in her own room without the hurry and worry of getting to a breakfast table at a fixed time in the early morning hours.

Women who work should prepare for the day with a good, wholesome breakfast. After a long experience I have found it much better to work on a hearty breakfast rather than on a light one, and to make the light meal of the day at midday, for at that time the work and hurry of business is still upon me.

Good Looks and Food

The relation of the stomach to good looks is paramount. Indigestion will show itself more quickly in the face than any other trouble. The complexion becomes muddy and blotchy, the nose will redden. The face becomes contracted and wrinkles appear. Most of all, the mind and the disposition suffer, and the enjoyment of life is lost.

Edith L. Mearns